

THE MRC FAMILY FIRST EMERGENCY PLAN

A Commitment to Volunteer Safety and Wellbeing

Clinton County Medical Reserve Corps
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Disasters can happen anytime, anywhere. And when disaster strikes, you may not have much time to respond. A highway spill or hazardous material release could mean evacuation. A winter storm could confine your family at home. An earthquake, flood, tornado, or any other disaster could cut water, electricity, and telephone service for days.

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family and neighbors be prepared to deal with the emergency until help arrives?

You will cope best by preparing for a disaster before it strikes. One way to prepare is by following Red Cross' and Homeland Security's training to "Get a kit, Make a plan, Be informed, and Stay Involved". Once a disaster hits, you won't have time to shop or search for supplies or run out for a CPR class. However, if you have gathered supplies in advance, developed a family emergency plan, gotten trained and stayed informed about community resources, your family will be better able to endure an evacuation or home confinement (also known as sheltering in place.)

Steps to Family Safety and Wellbeing

- Create a Family First Emergency Plan
- Get your family's Disaster Kit ready to go – be prepared to take care of each other for at least 72 hours on your own
- Prepare a checklist of things to do and learn as part of your emergency plan (some ideas to get you started are listed in this booklet)
- Practice and update your plan at least twice a year (think Spring and Fall)
- Be informed about your neighborhood and the local community
- Get to know your neighbors – follow the "Neighbors Helping Neighbors" program
- Conduct a Home Hazard Hunt for fun and practice
- Learn what will happen if you must evacuate or shelter in place
- Get to know your local utilities
- Contact your local Red Cross chapter and be prepared to take notes (Clinton County is part of the Greater Southern Illinois Chapter located at 319 E. 7th St in Centralia 62801 618-532-3511)
- Know what types of disasters are most likely to happen in our area and request information from the Red Cross or the Emergency Management Agency (EMA) on how to get prepared (Clinton County's EMA office is located at 431 21st St in Carlyle 62231 618-594-4555)
- Learn about your community's warning signals: what they sound like, what you should do when you hear them, what's the difference between a watch and warning, and which radio stations to listen to for emergency information
- Ask about animal care during and after a disaster – for instance, animals are NOT allowed inside emergency shelters because of health regulations so plan in advance what you will do with pets
- Find out how to help individuals with functional needs (i.e. the elderly or persons with physical, mental, medical, communication or mobility challenges – make sure they are registered with the Clinton County Health Department at 618-594-2723 if special assistance will be required in an emergency)
- Find out about the disaster plans at your workplace, your children's school or day care center, and other places where your family spends time

Get A Kit

Review the checklists below. Gather the supplies that are listed - you may need them if your family is confined at home or evacuating. There are seven basic categories of supplies you should stock: 1) water, 2) food, 3) first aid supplies, 4) clothing and bedding, 5) tools, 6) emergency supplies and 7) special needs. Keep the items that you will most likely need during an evacuation in an easy-to-carry container such as a back pack, a trash can with wheels or a rolling suitcase. Keep a smaller disaster kit in the trunk of each vehicle. For sheltering in place, keep emergency supplies together in your identified “safe room” and store items in airtight, waterproof plastic bags or containers. Priority items are marked with an “*”.

1) Water*

Water should be stored in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normal, active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and people who are ill will need more. The standard rule of thumb is to store one gallon of water per person per day. Keep at least a three-day supply of water on hand for each person in your household (2qts per person for drinking & 2qts per person for food preparation/sanitation).

- Rotate every 6 months to keep it fresh (watch the expiration dates - even on bottled water)

2) Food*

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact, lightweight and something your family enjoys. (This is not the time to argue with family members about eating all their veggies!) Include a selection of the following foods in your disaster supplies kit: ready-to-eat canned meats, fruits and vegetables; high energy foods like trail mix, granola bars and peanut butter; MRE's are another excellent resource; and comfort foods such as mints, hard candy or chewing gum.

- Don't forget a manual can opener and a mess kit (or paper cups, plates, and plastic utensils)
- Rotate supplies every 6 months (watch your expiration dates)

3) First Aid Supplies*

Assemble a first aid kit for your home and a smaller one for each car. A first aid kit should include the following:

- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing soap/Moistened towelettes
- Non-Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- Family prescription medications and any other special needs
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Syringe
- Medicine dropper
- Antiseptic
- Thermometer
- Tongue depressor blades (2)
- Large safety pins (size 3)
- Tube of petroleum jelly or other lubricant
- Duct tape
- Non-Prescription Drugs - Aspirin or non-aspirin pain reliever; Anti-diarrhea medication; Antacid (for stomach upset); Benadryl (for allergic reactions), Syrup of Ipecac (use to induce vomiting only if advised to do so by the Poison Control Center); Laxative; and Activated charcoal (use only if advised to do so by the Poison Control Center)
- First Aid Booklet
- PPE – breathing barrier, gloves, eye protection, NIOSH mask
- Poison Control #1-800-222-1222
- Other emergency numbers including doctors, dentists, insurance, medical alert information, etc.

4) Clothing and Bedding*

- Include at least one complete change of clothing and footwear for each person (Long pants and long-sleeved shirts – keep in mind you and your family's safety at all times)
- Sturdy shoes or work boots (steel-toed if you will be working outside) (Extra socks to keep your feet warm and dry)
- Undergarments (thermal underwear depending on the season)
- Hat and gloves depending on weather conditions
- Rain gear
- Sunglasses
- Blankets or sleeping bags with appropriate ground cover
- Rotate clothing every 6 months (April and October or when you change your clocks) to accommodate changes in the seasons and growing children

5) Tools

- Non-electric can opener, scissors, and a utility knife*
- Fire extinguisher: small canister ABC type
- Signal flare or other device, a spare tire and jumper cables for your car
- Home generator
- Pliers, small shovel, or a multi-task tool
- Shut-off wrench (household gas and water)

6) Emergency Supplies

- Emergency preparedness manual*
- Battery-operated radio (plus a NOAA weather radio) and extra batteries*
- Flashlight and extra batteries*
- Extra cash, change and a credit card*
- Toilet paper and paper towels*
- Soap, liquid detergent and disinfectant*
- Drive on the top half of your gas tank*
- Paper, pencil*
- Whistle*
- Tube tent
- Compass
- Map of the area (for locating shelters)
- Matches in a waterproof container, fire starter and aluminum foil
- Plastic storage containers
- Small sewing kit (needles and thread)
- Plastic sheeting, duct tape and scissors
- Nylon rope
- Plastic garbage bags, ties (for personal sanitation) as well as for trash
- Plastic bucket with tight lid (personal sanitation)
- Household chlorine bleach (unscented)

7) Special Needs or Family Members with Functional Needs

- Feminine supplies*
- Personal hygiene items (i.e. dentures, extra glasses, contact lenses, etc.)*
- Any special medications (insulin etc.)*
- Diapers, baby food, bottles and formula
- Medical equipment (i.e. a cane, oxygen, or wheelchair etc.)
- Games, books and/or small toys for entertainment
- Important documents (insurance, wills, shot records, bank acct & cc numbers, home inventory, family records, birth certificates, pictures, phone & SS#s etc.)

And don't forget your special friends – your pets! (See Pet Plans section of the MRC Family First Emergency Plan for more detailed information)

- Water for pets
- Dog food, cat food, bird seed, etc.
- Pet first aid kit
- Extra leashes or harness and a muzzle
- Pet carrier, properly labeled
- Pet health records
- Picture of you with your pet
- Clean-up supplies

Make A Plan

To create an emergency plan, first meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather, and earthquakes and talk with them about the importance of getting prepared in advance. Plan to share responsibilities, work together as a team, and practice your plan (just as children practice fire drills at school) so everyone knows where to go and what to do. For instance, all family members should know where the disaster kits are kept, which room is a “safe room” for each type of emergency, and who’s going to grab the pets, etc. Draw up a map of your home, identify two exits from each room, and plan your escape routes. Look at also planning escape routes out of your local neighborhood and your community. Many cities and towns have emergency or snow routes posted along main streets. Planning and practice will lessen fear and anxiety.

Discuss the types of disasters that are most likely to happen where we live (check with the Red Cross or your local EMA Director) and explain what to do in each scenario. Don't forget about these possibilities as well: technological hazards such as a chemical spill on Highway 161, a terrorist attack such as a release of anthrax at the St. Louis Fair, or perhaps a pandemic flu such as an H1N1 outbreak. Identify two places to meet: 1) right outside your home in case of a sudden emergency, like a fire; or, 2) outside your neighborhood in case you cannot return home. Everyone must know the name, address and phone number of where to go to be safe. After a disaster, it is often easier to call long distance then it is to reach someone locally, so ask an out-of-state friend to be your “family contact.” All family members will know to check in with the “family contact” in an emergency to tell him or her where they are and what’s happening.

Teach children how and when to call 9-1-1 or your local Emergency Medical Services number for emergency help and post these telephone numbers by all phones (fire, police, ambulance, etc.) Make sure these numbers are also listed in your cell phone directory along with the name and number of a person identified as your “ICE” contact – who to call “In Case of Emergency.” Emergency services and first responders are now being trained to always look for ICE contacts on a cell phone or in someone’s wallet.

Depending on ages, show each family member how and when to turn off the water, gas, and electricity at the main switches and teach them what they should know and look for BEFORE turning anything back on. Get training from the fire department for your family on how to use a fire extinguisher (ABC type) and make sure everyone knows where it's kept. Test and recharge your fire extinguisher/s according to the manufacturer's instructions (usually on an annual basis.) Install smoke detectors and carbon monoxide monitors on each level of your home, especially near bedrooms; and then test them monthly and change batteries at least once a year. You should also consider testing your home for Radon.

Identify a "safe room" to provide shelter and refuge during extreme events. A basement (if you are not located in a flood area) or an interior room on the first floor (i.e. an interior bathroom) might be possibilities. The safe room should be adequately anchored and secured to resist overturning, uplift, wind pressure, falling debris, breaking glass and penetration by windborne objects. Ideally, the room should be large enough to accommodate your family, pets, disaster kit and other emergency supplies.

In a chemical spill or other type of hazardous material emergency, listen to the local radio or television stations for detailed information and instructions. If you are caught outside, stay upstream, uphill and upwind. If you are sheltering in place, close and lock exterior doors and windows; close vents, fireplace dampers and interior doors; turn off air conditioners and ventilation systems; take shelter in your safe room (**for this type of emergency, the room should be above ground and have the fewest openings to the outside**); seal the room by covering every door, window and vent with plastic sheeting and duct tape; and use material to fill any cracks and holes in the room (i.e. around pipes.) FEMA officials suggest that ten square feet of floor space, per person, should provide sufficient air for three-five hours assuming normal breathing in a sealed room. Keep in mind that in addition to the build up of carbon dioxide, the integrity and safety of the room will decrease over time. Once the emergency has passed, ventilate the shelter room to avoid breathing any remaining contaminated air.

Find out what type of training is available in your local area and take an approved First Aid class as well as a CPR/AED (Cardiopulmonary Resuscitation/Automated External Defibrillator) class as a family. You will be surprised what children can learn and do plus these classes are geared for all ages and situations including families, health professionals, babysitters, scouts, pets, wilderness and delayed help scenarios, water-related emergencies and much, much more.

When Disaster Strikes

- Remain calm and patient
- Put your plan into action
- Check for injuries, Give first aid and Get help for seriously injured people
- Listen to your battery-powered radio for news and instructions
- Evacuate if advised to do so (see instructions below)
- Wear protective clothing and sturdy shoes
- Use flashlights (don't light matches or turn on electrical switches if you suspect damage)
- Sniff for gas leaks and listen for hissing sounds, starting at the water heater (if you smell gas or suspect a leak, open windows, get everyone outside quickly, turn off the gas at the main valve if possible, and call the gas company from a neighbor's home)
- Shut off any other damaged utilities – for your safety, always shut off all the individual circuits before shutting off the main circuit breaker to the entire house (remember, you will need a qualified professional to turn utilities back on – NEVER attempt to turn the gas back on yourself)
- Clean up spilled medicines, bleaches, gasoline, and other flammable liquids immediately
- Clean up broken glass or other potential hazards
- Confine or secure your pets.
- If family members are separated, call your "family contact" - do not use the telephone again unless it is a life-threatening emergency (remember, communication lines will be overwhelmed)
- Check on your neighbors, especially elderly or disabled persons
- Stay away from downed power lines
- Do not walk or drive into flooded areas

Evacuation

Evacuations are more common than many people realize. Hundreds of times each year, transportation and industrial accidents release harmful substances into the environment and thousands of people have to leave their homes. Fires and floods cause evacuations even more frequently. If your family is ever told to EVACUATE by authorities, then do so immediately. Wear protective clothing, sturdy shoes and don't forget to grab your disaster kit. Secure your pets (according to your plan). Shut off the water, gas, and electricity before leaving only if instructed to do so (**remember** – once it is turned off, you will need a trained professional to turn it back on) Lock your home. Use travel routes specified by local authorities - don't use shortcuts because certain areas may be impassable or dangerous. Listen to your battery-powered radio and follow the instructions of local emergency officials. Stay away from downed power lines and, again, don't walk or drive into flooded areas. This is what you have prepared, practiced and trained for!

Going to a Shelter

Taking shelter is critical in times of a disaster. Evacuating your home and/or community may require you to take shelter outside the designated hazard area. This might include staying with friends and family, staying at a hotel or staying in a mass care facility operated by a disaster relief group such as the American Red Cross. Even though mass care shelters often provide water, food, medicine and basic sanitary supplies, you should still plan to take your disaster supplies kit with you to meet your personal needs. Mass care shelters usually require you to live with many diverse people, in a confined space, with limited resources and supplies. Many times shelters provide inadequate bathroom/showering facilities, people are under emotional stress, and everyone is living and working under difficult circumstances. Be prepared to be patient, maintain your sense of humor and cooperate with shelter authorities. Keep in mind that pets, alcoholic beverages, weapons, and smoking are not allowed in emergency shelters.

Sheltering in Place

In some situations, you may be required to “shelter-in-place” for a time by staying in your home (i.e. during a pandemic flu outbreak) or staying at school/work (i.e. during a tornado.) Make sure you have identified your family's “safe room” as noted above. At home, you should plan to always have on hand enough food, water and supplies for a two-three week period so you are prepared depending on the type of emergency (i.e. in case of quarantine.) During extended periods of sheltering, you will need to manage water and food supplies to ensure that you and your family have adequate resources to meet your needs.

Never ration water unless ordered to do so by authorities. Each person should drink a minimum of 4 cups of water each day. Drink water that you know is not contaminated first. Suspicious water (i.e. cloudy or dirty water from faucets, pond water, or from a radiator) should not be used unless the situation becomes life-threatening. Carbonated, caffeinated or alcoholic drinks do not count – they dehydrate the body.

The safest method of treating water in an emergency situation is boiling. In a large pot, bring water to a rolling boil for 1 full minute. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This also improves the taste of stored water.

Safe Water Sources	Unsafe Sources
Melted ice cubes	Radiators
Water drained from the water heater (if the water heater has not been damaged)	Hot water boilers from a home heating system
Liquid from canned goods such as fruit or vegetable juices	Water beds (fungicides added to the water or chemicals in the vinyl may make the water unsafe to use)
Water drained from pipes	Swimming pools and spas (chemicals used to kill germs are too concentrated for safe drinking but may be used for personal hygiene, cleaning, and related uses)

Safe Food Choices – Do	Unsafe Food Choices - <u>Don't</u>
Keep food in covered containers	Eat food from cans that are swollen, dented or corroded, even though the product may look safe
Keep cooking and eating utensils clean	Eat any food that looks or smells abnormal or is of an unusual color/texture, even if the can looks safe
Keep garbage in closed containers and dispose of it outside (bury the garbage if necessary)	Let garbage accumulate inside your home or garage for fire, animal and sanitation reasons
Use thawed food if it is still “refrigerator cold” (if it still has ice crystals, it can be re-frozen)	Use any food that has been at room temperature for 2 hours or more
Keep your hands clean by washing them frequently with soap and water that has been boiled or disinfected	Use any food that has come in contact with contaminated floodwaters
Use only pre-prepared, canned baby formula	Use powdered formulas with treated water

Be Informed

There are many programs and organizations designed to provide information and opportunities for service. Your local Emergency Management Agency (EMA) or Emergency Services Disaster Agency (ESDA) is a wonderful resource to help you in your planning and to advise you about community services available to you. The American Red Cross (ARC), American Heart Association (AHA), American Safety and Health Institute (ASHI), the National Safety Council (NSC) and others offer classes in disaster preparedness, free of charge, year-around. They also offer training in CPR/AED, First Aid, When Help is Delayed, and Pet First Aid at a nominal cost. There are state programs such as the Illinois Citizen Corps program whose mission is to harness the power of every individual through education, training, and volunteer service to make communities safer, stronger, and better prepared to respond to the threats of terrorism, crime, public health issues, and disasters of all kinds.

Other things you can do to get informed and be prepared are:

Conduct a Home Hazard Hunt with Your Family

During a disaster, ordinary objects in your home can cause injury or damage. Anything that can move, fall, break, or cause a fire is a home hazard. For example, a hot water heater or a bookshelf can topple over, ceiling fans or lamps may crash to the ground, or windows and mirrors may break. Contact your local fire department to learn about home fire hazards and then inspect your home at least once a year to fix potential hazards.

Build a Children's Activity Survival Kit

You may have to leave your home during a disaster and may need to sleep somewhere else for a while. It's smart to put together your own Children's Activity Survival Kit so they will have things to do and share with other family members, friends and neighbors. These can all be stored in a backpack or duffel bag. Just make sure you or better yet, your child, can carry it easily.

Some suggested items for the Children's Activity Survival Kit:

- A factual book about earthquakes, hurricanes and tornadoes, rain, storms, floods and fires – any type of emergency that might hit your community
- A few of your child's favorite books (and yours as well)
- Non-toxic marking pens, crayons, pencils, and plenty of paper
- Coloring books
- Scissors and glue
- Manipulative toys such as LEGOS
- Two favorite small toys, at least one doll and one action figure
- One or two board games, table puzzles
- A favorite stuffed animal or puppet
- Small play vehicles such as an ambulance, fire truck, helicopter, dump truck, police car, or a tractor
- Small people figures to use with the trucks and emergency vehicles
- A hacky sack or footbag
- A small ball
- A deck of cards
- A favorite blanket and/or pillow
- Pictures of the family, including pets - be sure to write names and dates on the back
- Keep a "safe box" with a few treasures of little things your child feels are important
- A special treat or snack – comfort food helps during emotional/stressful times

A Note to Parents

Make sure to have at least three phone numbers of nearest kin in the United States. This information should be given to and kept on file with the school and with the child's emergency kit. Teach children to know the full name of their parents and/or guardians (and where they work) and the rest of the family members residing within the States (within reason.)

A child's ability to cope with disasters or emergencies is often tied to the way parents respond and cope. Children can detect an adult's fears or sadness and will often mimic the responses they see and hear. Parents and other adults can make disasters less traumatic for children by taking steps to manage their own feelings, involve children in the planning process, practice the family's plan with them at least twice a year, let them help with and contribute to the recovery plan, and then limit their exposure to repeated "images" (i.e. television replays) of the event. (FEMA guide to Citizen Preparedness, 2004)

Include a Pet Disaster Plan

When it comes to emergencies, animals, whether they are house pets, livestock, or living in the wild, have often been overlooked by emergency planners and the general public. Plan now how your pets will be cared for if you have to evacuate. Pets, in contrast to service animals, are usually NOT allowed in emergency shelters due to health regulations, so have some animal shelters and "pet friendly" hotels identified in advance that are open 24/7. (www.petswelcome.com) You may want to contact your local Red Cross chapter and veterinarian well in advance for guidance in finding a safe boarding facility or vet along your planned evacuation route – about 90 miles away. Keep this list with your emergency supplies. Establish relationships with other animal owners in your neighborhood so that if you are not at home when a disaster strikes, there will be someone to help care for your animal. Leave a pre-signed form authorizing medical care for your pet and leave a copy with your neighbor and veterinarian. Be sure to get a free sticker from the American Society for the Prevention of Cruelty to Animals to place in your window identifying your house as a home with pets. (www.aspca.org)

If at all possible, NEVER leave your pets alone or chained in the yard -- take them with you. Practice evacuating with your pets - get them use to loud noises, bright flashing lights, and lots of commotion. Animals left behind in an emergency can easily be injured, lost or killed. Left alone to fend for themselves, they are likely to become victims of exposure, starvation, predators, or contaminated food and water. If you are told to evacuate, get out early so you can leave with your pets. If you wait to be evacuated by emergency personnel, you may be forced to leave your pets behind.

Pets and service animals may become confused, panicked, frightened or disoriented during a disaster. Even a friendly animal may become aggressive or snap at someone when stressed. Therefore, be prepared to keep your animals confined, securely leashed or harnessed, and possibly muzzled. A leash/harness is an important item for managing a nervous or upset animal. If your animal is a service animal, be prepared to use alternative ways to negotiate your environment.

Whether you are planning to evacuate or shelter in place, your pets should be microchipped and have I.D. tags with both your home telephone number and that of your out-of-town, family contact's name on them. Make sure their shots and license are current. Included in your disaster supplies kit should be any medications, medical/shot records and a photo of you with your pet for proper identification and reunification. Store supplies in a pack that your animal can easily carry in case you need to evacuate. (Get your animal used to carrying the pack before an emergency strikes.) This kit should include: a bowl for water and food, dry food (enough for 3-7 days) in an air-tight, sealable container, blanket for bedding, plastic bags and paper towels for disposing of feces, disinfectant, a favorite toy, an extra harness or leash and a pet first aid book.

Just like their human family, animals will be stressed and confused after a disaster. Familiar landmarks and smells may be missing and pets may easily get lost. For a few days, be sure to keep dogs on leashes

and cats in a carrier inside your home. Be patient with your pets and maintain your sense of humor. Remember that changes in food, surroundings, and the general stress of the situation may result in upset stomachs, diarrhea and vomiting. Try to get back to a normal routine as quickly as possible and if behaviors problems continue, seek advice from your veterinarian. (The Humane Society of the United States, Emergency Services, 2008)



Caring for Livestock

Clinton County has a large farming population and is known as the “Dairy Capitol” of Illinois. Therefore, having an emergency plan that includes preparations for livestock is of vital importance due to their size, special sheltering needs and transport requirements. (The Humane Society of the United States, Emergency Services, 2008) Don’t delay – create an emergency telephone number list which includes employees, neighbors, veterinarians, poison control office, local animal shelters, county extension service, local agricultural schools, trailering resources, volunteers (4H clubs), emergency response personnel, and a family contact outside of the local area. Post this list by every telephone and at the entrance to all buildings. The list should also include directions to find your home -sometimes in stressful situations, we may forget our address and phone number and not be able to give coherent information or directions over the phone!

- Make sure every animal has visible identification
- Ensure poultry have access to high areas on which to perch
- Perform regular safety checks on all utilities (electrical wiring), building and facilities
- Mount fire extinguishers in all buildings, especially near the entrances (keep appliances to a minimum in barn areas; do not use stall fans, space heaters or radios unless someone is there; install a sprinkler system and smoke alarms hooked up to sirens; and make sure hay is dry before storing it)
- Post evacuation routes from all buildings (practice, practice, and practice again with your animals so they are more comfortable around flashing lights, loud noises and lots of commotion)
- Remove all barbed wire and consider re-routing permanent fencing so that animals can move to high ground in a flood and to low-lying areas in high winds
- Make sure your name and address is clearly visible from the road
- Provide an alternate water and power source – a generator may be a necessity
- Secure anything that could become windblown debris (trailers, propane tanks, watering troughs)
- Label hazardous materials and place them in a safe area easily identifiable to emergency responders
- Remove buried trash or other materials that might leach into the crops, feed supplies, water sources or pasture/soil during flooding
- Plant native shrubs and trees with deep roots to limit storm damage
- Determine whether to shelter in place or to evacuate – confinement in a barn or pen during an emergency may actually reduce your animals’ abilities to protect themselves and increase their

risk of dehydration, electrocution and accident or injury. To safely shelter in place, survey your property for the best location for shelter - pasture area should be clear of non-native trees, power lines and poles, debris, barbed-wire fencing, and should be at least one acre in size so that animals may avoid wind-blown debris. If your shelter area does not meet these requirements, you will need to plan to evacuate your animals.

- When planning for evacuation, be ready to leave as soon as the order is given especially if you will be hauling a high-profile trailer; work with your local community to establish safe shelter areas in advance such as the fairgrounds or a convention center; organize safe transportation suitable for livestock, appropriate for each type of animal, with experienced handlers and drivers and set up mutual aid agreements in advance; take your disaster supplies with you including feed, water, buckets, veterinary supplies, a first aid kit, handling equipment (halters or cages), tools, items needed for sanitation, generators and fencing to keep animals in familiar groups, securely contained and sheltered from the elements.
- Make sure you keep with you a current list of all animals. It should include their location, records of feeding, vaccinations and tests, and proof of ownership
- Identify additional information and/or resources such as the Humane Society of the United States, 2100 L Street, NW, Washington, DC 20037 (202) 452-1100; the United Animal Network-Emergency Animal Rescue Services, 1722 J St, Suite 11, PO Box 188890, Sacramento, CA 95818 (916) 429-2457; and the American Veterinary Medical Association, 1931 N. Meacham Rd, Suite 100, Schaumburg, IL 60173 (800) 248-2862 ext. 6632.

Stay Involved

Citizen Corps asks you to “embrace the personal responsibility to be prepared; to get training in first aid and emergency skills; and to volunteer to support local emergency responders, disaster relief, and community safety. Everyone can do something to help make our families and our communities safer through:

- **Personal responsibility:** Developing a household preparedness plan and disaster supplies kits, observing home health and safety practices, implementing disaster mitigation measures, and participating in crime prevention and reporting.
- **Training:** Taking classes in emergency preparedness, response capabilities, first aid, CPR/AED, fire suppression, and search and rescue procedures.
- **Volunteer service:** Engaging individuals in volunteer activities that support first responders, disaster relief groups, and community safety organizations. Everyone can do something to support local law enforcement, fire, emergency medical services, community public health efforts through the five stages of emergency management: preparedness, prevention, mitigation, response and recovery efforts.” (IEMA, Citizen Corps Councils, 2010)

For more information, contact Michelle Hanneken, Homeland Security and Citizen Corps Program Manager, Illinois Terrorism Task Force, Illinois Emergency Management Agency, 2200 S. Dierksen Parkway, Springfield, IL 62703 (217) 588-1334 or <http://www.citizen.corps@illinois.gov>

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community. (The Medical Reserve Corps program is a specialized sub-group of CERT.) The only local CERT program in Clinton County is the Trenton Emergency Management Services (TEMS) group based out of the Trenton Police Department.

Contacts for this program are Chief Mike Jones and Cindy Dawson, 25 W. Indiana, Trenton, IL 62293 (618) 224-9226. (IEMA, Community Emergency Response Team, 2010)



Start a “Neighbors Helping Neighbors Through Preparedness” Program (FEMA course IS 909)

- Working with neighbors can save lives and property
- Meet with your neighbors to plan how the neighborhood could work together after a disaster until help arrives (start a local CERT or a neighborhood watch group)
- If you are a member of a neighborhood organization such as a home association, introduce disaster preparedness as a new activity (speakers and trainers are available to assist you in your efforts)
- Know your neighbors' special skills (i.e. medical, technical, construction, etc.)
- Identify neighbors who have functional needs (i.e. mobility challenges, elderly persons, mental health concerns, medical problems etc.) and then make sure they are registered at the Clinton County Health Department as needing assistance in an emergency- all information is confidential
- Make plans for child care as well as pets in case parents cannot get home

Learn about Emergency Communications

The Clinton County MRC sponsored the development of an Amateur Radio Club for Clinton County. In order to use a ham radio and join the Amateur Radio Emergency Service (ARES), you must have an FCC license. The American Radio Relay League (ARRL) is the national association for amateur radio in the USA and offers books, news, support, clubs, continuing education, training and tools to help you get licensed. The Clinton County ARES Club meets regularly after the MRC meeting. ARES volunteers may help with communications during a parade, a marathon or other community event and will receive ongoing training in emergency services and communication procedures.

In a disaster situation (a declared emergency), ARES volunteers are activated under the direction of our local EMA Director to become a government entity called, RACES (Radio Amateur Civil Emergency Services). RACES is administered by local, county and state emergency management agencies and is supported by the Federal Emergency Management Agency (FEMA) of the United States government. It is a part of the Amateur Radio Service that provides radio communications for civil-preparedness purposes *only*, during periods of local, regional or national civil emergencies. These emergencies are not limited to war-related activities, but can include natural disasters such as fires, floods and earthquakes.

The Clinton County ARES Emergency Coordinator/RACES Officer is Tim Rapp, K9XWX. Please contact him at 618-977-7451 or tim@k9xwx.com. You can also check out the Clinton County ARES website at: <http://www.clintoncountyares.net>. The weekly net is held every Sunday evening at 8:00 pm local time at VHF 147.165 as part of the Okaw Valley Amateur Radio Club.

Other Opportunities

There are many other training opportunities throughout Missouri and Illinois to help us get better prepared for when disaster strikes. You may want to join with the Red Cross and volunteer on a Disaster Action Team, become part of SKYWARN as a storm spotter, take online classes through FEMA and the Emergency Management Institute (<http://training.fema.gov/IS/crslist.aspx>), or attend training at the Center for Domestic Preparedness in Alabama (<http://cdp.dhs.gov>) with approval from the CC MRC Coordinator's approval.

The Medical Reserve Corps also offers exercises at the local, state and national levels which you are encouraged to attend and participate in as part of your training. If college classes interest you, there are now many programs offering degrees, from an Associates Degree on up to a Doctorate in some type of Emergency Management, Disaster Preparedness or Homeland Security. Take advantage of all the resources available to you so that each of us can truly be prepared for when our family, friends and neighbors need us.

THE MRC FAMILY FIRST EMERGENCY PLAN

A Commitment to Volunteer Safety and Wellbeing

(Please, remember that no one is able to volunteer with the Clinton County MRC without having
a
Family First Emergency Plan in place!!)

Name of Volunteer: _____ Date: _____

Parent/Guardian Signature if required: _____

The volunteer's and MRC Coordinator's initials after each required item will acknowledge and confirm that the volunteer understands the requirement and that the requirement has been completed.

1. Meet with MRC Coordinator who will explain the components of the Family First Emergency Plan. Volunteer _____ Coordinator _____
2. Volunteer will review the ARC's "Get a Kit, Make a Plan, and Be Informed" training material and the MRC Volunteer Handbook. Volunteer _____ Coordinator _____
3. Volunteer will identify any special family needs. Volunteer _____ Coordinator _____
Elderly Care ____ Child Care ____ Pet Care ____ Other Functional Needs Care ____
4. Volunteer will develop a Family First Emergency Plan and will address any special family needs as a part of that plan. Volunteer _____ Coordinator _____
5. MRC Coordinator will review the volunteer's MRC Family First Emergency Plan with the volunteer. Volunteer _____ Coordinator _____
6. MRC Coordinator will address with the volunteer any additional safety concerns regarding a deployment or public health crisis. Volunteer _____ Coordinator _____
7. A copy of this completed and signed form will be kept in the volunteer's file.
Volunteer _____ Coordinator _____
8. This form will be reviewed and updated annually.
Volunteer _____ Coordinator _____

Completion Verified:

MRC Coordinator: _____ Date: _____

Reviewed and Updated:
